

PICKING SAFER PLASTICS



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GOOD

PLASTICS LABELED #1

Polyethylene terephthalate (PET or PETE)

No known human health impacts. Commonly recyclable.

Used in: soft drinks, water, sports drinks, ketchup and salad dressing bottles; and peanut butter, jam, pickle and jelly jars.



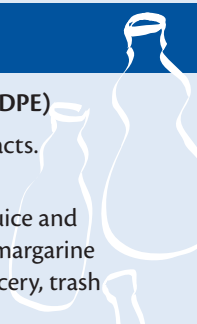
GOOD

PLASTICS LABELED #2

High density polyethylene (HDPE)

No known human health impacts. Commonly recyclable.

Used in: opaque milk, water, juice and shampoo bottles; yogurt and margarine tubs, cereal box liners, and grocery, trash and retail bags.



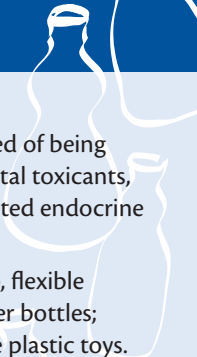
BAD

PLASTICS LABELED #3

Polyvinyl chloride (V or PVC)

Can leach phthalates, suspected of being reproductive and developmental toxicants, as well as carcinogenic. Suspected endocrine disruptor.

Used in: cosmetics, cling-wrap, flexible cooking oil and window cleaner bottles; peanut butter jars, and flexible plastic toys.



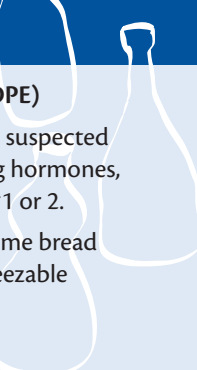
OKAY

PLASTICS LABELED #4

Low density polyethylene (LDPE)

Not known to leach chemicals suspected of causing cancer or disrupting hormones, but not as widely recycled as #1 or 2.

Used in: grocery store bags, some bread and frozen food bags and squeezable bottles.



We hope you find these tips useful as you make choices for your family. Visit our website to download copies of this wallet card, and to learn more ways you can create and sustain a healthy environment for your family!



It's Your Oregon!



OKAY

PLASTICS LABELED #5

Polypropylene (PP)

Not known to leach chemicals suspected of causing cancer or disrupting hormones. Not as widely recycled as #1 or #2.

Used in: Rubbermaid, deli soup containers, straws, some ketchup bottles, yogurt and margarine tubs; clouded plastic containers and baby bottles.



BAD

PLASTICS LABELED #6

Polystyrene (PS, Styrofoam)

Benzene, a known human carcinogen, is released in production process. Contains butadiene and styrene – suspected carcinogens.

Used in: Styrofoam food trays, egg cartons, disposable cups and bowls; carryout containers, foam insulation and some toys.



BAD

PLASTICS LABELED #7

Other (usually polycarbonate)

Made with bisphenol-A, a chemical that mimics estrogen and is suspected of contributing to abnormal reproductive development, birth defects and prostate and breast cancer. Bisphenol-A can leach into foods. Leaching increases as products age.

Used in: “Sport” water bottles, clear plastic sippy cups, baby bottles, microwave ovenware, eating utensils, and plastic coating in metal cans.

** New bio-based plastics, which have not been found to have negative health impacts, may also be labeled #7.

HOW TO CHOOSE BABY BOTTLES



CHOOSE Non-polycarbonate products
(tend to be opaque or milky)

AVOID #7 Polycarbonate products
(tend to be hard and clear)

Baby bottles and sippy cups can contain either bisphenol-A (#7 – BAD) or polypropylene (#5 – OKAY). Plastic making up the polypropylene bottles is usually cloudy and squeezable. Polycarbonate plastic bottle containing bisphenol-A is generally clear and very hard.

Visit our website to see brands of bottle to look for (and those to avoid) at www.tinyfootprints.org.

Call your local waste disposal service to find out which plastics can be recycled in your area.

***Thank you for safeguarding
Oregon's children and
the environment!***